

STRENGTH SECRETS

Have you that feeling of STRENGTH, that makes your muscles feel as though they want to do something? Have you that degree of Physical Perfection, that makes you a leader of men? Do your friends say "That fellow is sure full of pep." Or are you in that class with a flat chest and protruding abdomen, and always feeling half dead?

WAKE UP! HERE IS YOUR OPPORTUNITY TO HAVE HEALTH STRENGTH, PEP, and the feeling that you are alive. START TODAY! NOW! Take our system of progressive exercises with a special Bar-Bell of gradually increasing weight. For perfect muscular development, increasing strength and tuning up the nervous system there is no method known which can possibly come up to our latest special course.

Our courses are sent out in lessons every fourteen days. In this way we keep in touch with our pupils at all times, and we gladly give any advice free of charge at any time during course or after course is completed.

Our system is a perfect method of home-training, and there is absolutely no danger of strain and no monotony, but a pleasure and desire for greater strength and physical perfection. No person in any grade of life should neglect the opportunity of taking our course.

Our aim in this course is to instill the value of genuine power, and the importance of building up energy, strength, and showing the advantages of exercises with weights.

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FROM OUR PUPILS

Mr. Stachs who posed for the photo above, said:—"Your Samson Bar-Bell Outfits are the best in the world today."

From Tenn.—"After 8 months of your Progressive System of Exercising, I am able to bend-press 180 lbs. with my right arm."

From Canada.—"When I wrote you, asking if your course reduced weight I did not expect such quick results. I think your system is the best, and the price also."

Others have said:—"I can see my muscled grow. I have been an amateur wrestler for years, but was never strong, and was afraid weight lifting would make me slow, but after 4 months of your training, I can put some down that I always failed to do before."

"Have gained 10 lbs. in the last 6 months."

We have hundreds of letters of thanks from our pupils on file in our office.

SAMSON BAR-BELL CO.

811 E. FORTY-FIRST STREET

BALTIMORE, MD.

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